

D.M.I. DEFINITIONS

POSITIVE & NEGATIVE

ATTITUDES

Serenity

Trusting in God's providence (loving provision & wisdom) in all life's circumstances no matter how difficult they may appear. Resting and rejoicing in His providence results in "the peace of God, which passes all understanding that guards our hearts and our minds in Christ Jesus."

Humility

The Greek word used in the New Testament literally means, "to take second place." Hence, humility is to place God and others ahead of ourselves ~ to serve God and others before serving ourselves. This also means that if I am humble I view God's standards as best, His judgments as right, and submit to the Salvation and Lordship of His Son, Jesus Christ.

Realize Value

Accepting ourselves as God accepts us in Christ, as His redeemed, adopted children. Viewing ourselves in this manner results in having confidence and purpose in life.

Self-pity

Judging our circumstances as "unfair" and feeling sorry for ourselves. We pity ourselves believing others, including God, do not care about us.

Philippians 4:7

1 Kings 19:4

John 21:3

Self-Righteousness

Seeking primarily what we want, when we want it for our own satisfaction without regard for God and others. We believe we really do not need God. We know what is best for me and can live quite well without Him. We excuse ourselves of any wrong behavior or attitudes, while judging and condemning others for the very same things.

Philippians 2:4-7

Matthew 23:1-3

Romans 2:1-3

Self-Condensation

Judging ourselves as unworthy by an arbitrary standard we have set for ourselves. In condemning ourselves we are rejecting God's law, His holy judgments, His gracious salvation, and His merciful provisions for us. Low "self-esteem" and poor "self-image" results from judging our guilt and shame greater than God's mercy and grace. This is false humility and unbelief.

1 Timothy 1:12-15

2 Corinthians 4:7

Ephesians 1

Being a Giver

Having the desire to "put in" more than we "take out." Being grateful for what we have received, and to the people through whom God gave it to us.

Honesty

Having truth and integrity within ~ integrating body, soul and spirit so that being transparent is natural and comfortable. Being truthful, open and frank. Genuine. Admission of problems is the first step toward healing.

Patience

Trusting in God's timing and waiting upon Him to control us. Demonstrating a quiet, uncomplaining endurance under distress or annoyance. Being tolerant, tender and forbearing.

Gratitude

Being grateful to God and other people for what we have and where we are.

Forgiveness

To give up resentment when someone has wronged us. To repent from bitterness and surrender the right to get even.

Being a Taker

Taking more than we give. In all of our relationships. Demanding instant gratification for all our needs or wants, and whining when others do not meet our expectations.

Ephesians 5:18-20

Romans 8:1

Lying

Hiding in attempt to conceal guilt and shame, and thereby avoid rejection and punishment. Denial of a problem and projection of blame are the two most common forms of lying. Lying breeds fear, kills peace of mind and separates us from God, our real personality and others.

Ephesians 4:25

Impatience

Wanting life to comply with our desires and demands according to our time-table. This results in annoyance because we don't get what we want, when we want it.

Galatians 6:9

Complaining

Continually talking about the negative aspects of something over which we have no control. Failure to practice the principles contained in the "Serenity Prayer."

Philippians 4:11-13,19

Resentment & Bitterness

Refusing to forgive, which forms a mental chain binding us to the person or thing we hate.

Matthew 6:14,15

Admittance

Recognizing and confessing the need for continual growth and change in our lives.

Denial

Blindness to our true spiritual condition. If we cannot identify a specific area of need or temptation in our lives then we most likely are in denial.

1 John 1:8-10

Trust

Being able to believe and relax in the promises that have been made to us by God and others. Not trying to be a "lone ranger" in the Body of Christ.

Worry & Fear

The inability to trust God or men to do what they have promised. Failure to share the load with other members of the Body of Christ.

*Matthew 6:31-33
Philippians 4:4-8*

Obedience to God

Putting forth a determined effort to change. Applying spiritual principles in all areas of our lives.

Complying & Passivity

Doing enough to get by, but not exerting any honest motivation to change. Doing only what is expected or required, but not having any honest motivation.

Romans 12:2

Accepting Responsibility

Being accountable for both my attitudes and my actions, and not being a victim of circumstances, environment or other peoples' behavior.

Projection / Blame-shifting

A defense mechanism that excuses our own wrong behavior by accusing others for being the source of the problem: "If you didn't nag ... I wouldn't drink," etc.

Luke 15:17-19

Doing Things On Time

Is actively working to accomplish tasks, whether it be something large or small. It is being punctual and prepared.

Procrastination

It is natural for everyone to have the following symptoms once in a while, but when they become chronic they cause real trouble:

Proverbs 6:6-11

- Tardiness
- Putting things off
- Loafing
- Shirking responsibility
- Lack of growth or change
- Sloppiness
- Passing the buck
- Apathy
- Dullness (mental, physical & spiritual)

Being Real

Not worrying about what other people think about you. Being honest and open in expressing inner feelings.

Being Phony

Trying to impress others.

Matthew 23:27-28

Positive Thinking

Knowing and trusting God the Father and our relationship to Him through His Son, Jesus Christ.

Negative Thinking

Consistently believing that bad things will happen or that people will reject you.

Romans 8:28-29
James 1:5-8

Clean, Spiritual Thinking

Keeping our hearts fixed on Jesus Christ. Thinking thoughts which are true, honest, just, pure, lovely and of good report.

Vulgar, Immoral, Trashy Thinking

Dwelling on memories of past immoralities or fantasies.

Philippians 4:8
2 Corinthians 10:3-5
Romans 1:28-31
Ephesians 4:29
2 Timothy 2:22

Accepting Forgiveness

Believing that God will keep His promises regarding repentance of sin.

False Guilt

About the Post Believing that our sins are just too much for God to be able to forgive.

1 John 1:9
Philippians 3:13,14

Temperance

Moderation in the consumption of food and alcohol. If prior addiction has occurred then abstinence is necessary.

Eating Disorder or Substance Addiction

Compulsive use of food or drugs in attempt to satisfy an inner need.

Proverbs 23:21

Concentration

Keeping your mind and body together in the present.

Daydreaming

Living in a fantasy world of the future, or reliving the unchangeable events of the past.

Proverbs 4:23
James 1:5-8

Communion with God

Realizing that God loves you and desires a close relationship with you all day, every day.

Forgetting God

Going through the day with hardly a thought of the loving God who created you and desires a relationship with you.

1 John 1:3
Jeremiah 29:11